

The background of the image is a spiral-bound notebook with a light beige, textured cover. The spiral binding is visible on the left side, with the metal wire looping through a series of holes. The text is centered on the page in a dark brown, serif font.

Aggressive Driving Prevention

30th Medical Brigade

Highway Safety Picture

- ✓ Decrease in fatalities from 51K in 1966 to 42K in 1996
- ✓ Alcohol involvement dropped from 57% to 41%
- ✓ Seat belt use up from 11% in 1982 to 68% in 1996
- ✓ 3 Million injuries in reported accidents during 1996
Estimate that 1/3 of accidents and 2/3 of fatalities are attributable to aggressive driving
- ✓ Cost the Nation 151 billion a year.

Aggressive Driving

“Driving behavior that endangers or is likely to endanger people or property”

National Highway Traffic Safety
Administration

Aggressive Driving

Aggressive drivers are more likely to:

- Speed, tailgate, fail to yield, weave, pass on right, make improper lane changes, run stop signs and red lights, make hand and facial gestures, scream, honk, and flash their lights.
- Allow high frustration levels to diminish concern for fellow drivers
- Drive impaired, drive unbelted or take other unsafe actions

What Causes Aggressive Driving?

- ✓ Lack of responsible driving behavior
- ✓ Reduced level of traffic enforcement
- ✓ Increased congestion and travel

National Highway Traffic Safety Administration

Countermeasures

- ✓ Education
- ✓ Enforcement
- ✓ Engineering and Operations

National Highway Traffic Safety Administration

Aggressive Driving and Mental Health

Aggressive driving is driving under the influence of impaired emotions

Categories of Impaired Emotions

1. Impatience and Inattentiveness
2. Power Struggle
3. Recklessness and Road Rage

Dr. Leon James, University of Hawaii

Impatience and Inattentiveness

Category 1

- ✓ Driving through red lights
- ✓ Speeding up to yellow lights
- ✓ Rolling stops
- ✓ Cutting corners
- ✓ Blocking intersection
- ✓ Not yielding
- ✓ Improper lane change
- ✓ Driving 5 to 15 mph above limit
- ✓ Following too close
- ✓ Not signaling
- ✓ Taking too long

Power Struggle

Category 2

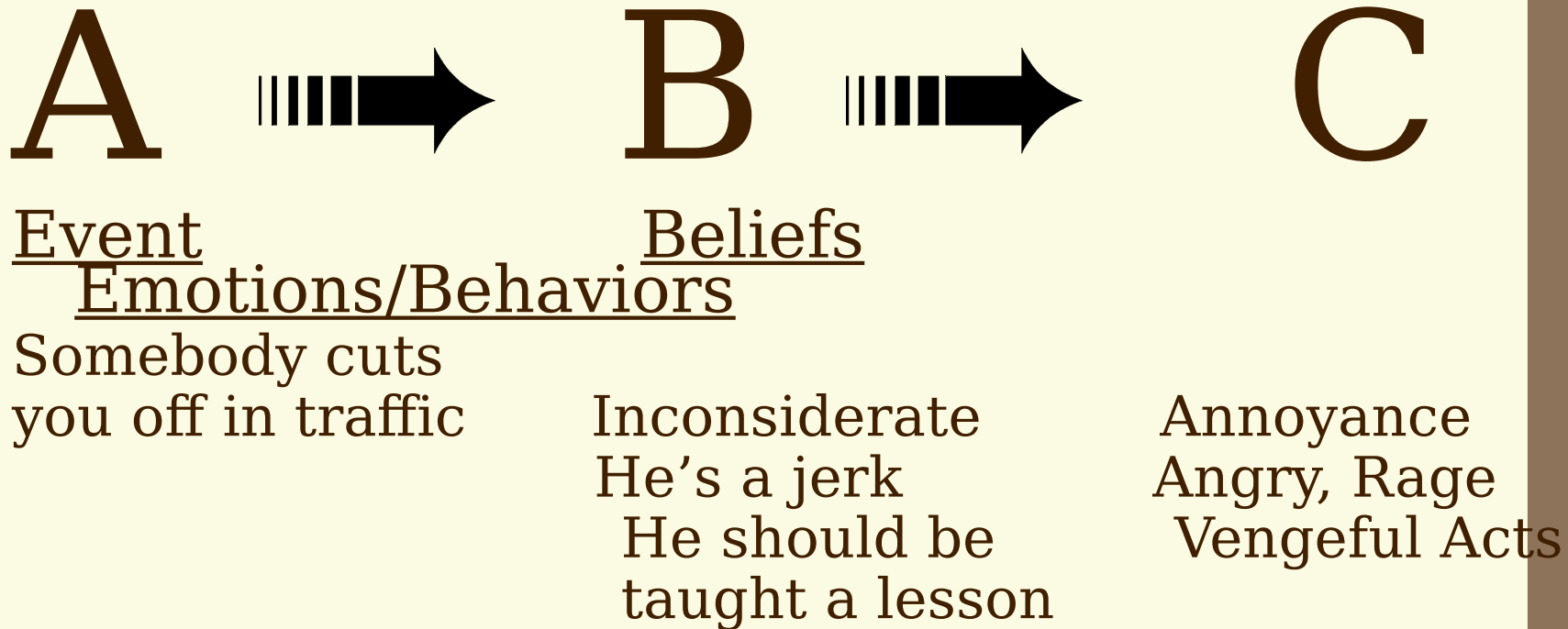
- ✓ Blocking passing lane, refusing to move over
- ✓ Threatening or insulting
- ✓ Tailgating to punish or coerce
- ✓ Cutting off in a duel
- ✓ Braking suddenly to retaliate

Recklessness and Road Rage

Category 3

- ✓ Driving drunk
- ✓ Pointing a gun or shooting
- ✓ Assaulting with the car or battering object
- ✓ Driving at very high speeds

A-B-C Theory of Emotional Arousal



Keys to Controlling Your Emotions

- ✓ Recognize that your thoughts control your emotion
- ✓ Accepting that you have a choice
- ✓ Controlling your emotion by controlling your thinking.

Hot Thoughts

- ✓ Labeling

- “That jerk”
- “That Idiot”

- ✓ Mind-reading

- “She did it on purpose”
- “He’s trying to give me a hard time”

- ✓ Fortune Telling

- “She will never change”

Hot Thoughts

- ✓ Labeling
- ✓ Mind-reading
- ✓ Fortune Telling

Hot Thoughts

✓ Awfulizing

- “It’s driving me crazy”
- “I can’t stand it”

✓ Should Statements

- “He shouldn’t act like that”
- “She can’t get away with that”

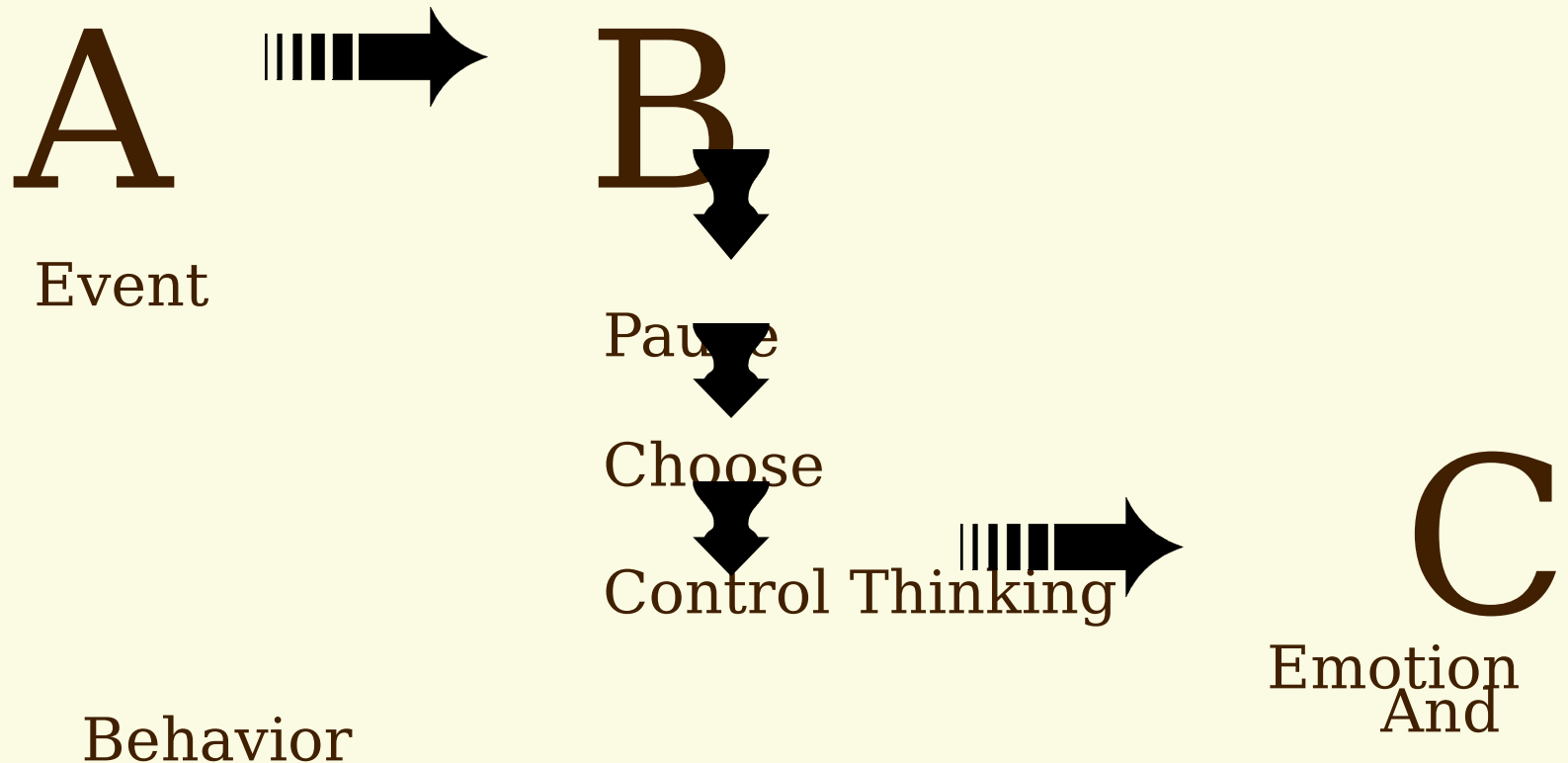
✓ Vengeance

- “I’d like to wring her neck
- “I’ll show him”

Hot Thoughts

- ✓ Catastrophizing
- ✓ Should Statements
- ✓ Vengeance

A-B-C Theory of Emotional Arousal



Control your anger by controlling your thinking

- ✓ Listen to your Self-Talk;
- ✓ Identify the hot, self angering thoughts; and
- ✓ substitute cooler, more rational self statements.

Cool Thoughts

- ✓ Labeling
 - Not: "That jerk"
 - But: "I don't like what he just did"
- ✓ Mind-reading
 - Not: "She did it on purpose"
 - But: "I can't read her mind, so I don't know why she did it"
- ✓ Fortune Telling
 - Not: "She will never change"
 - But: "I can work on my part and hope for the best"

Cool Thoughts

- ✓ Labeling
- ✓ Mind-reading
- ✓ Fortune Telling

Cool Thoughts

✓ Awfulizing

- Not: "It's driving me crazy"
- But: "It's inconvenient, but it's not the end of the world"

✓ Should Statements

- Not: "He shouldn't act like that"
- But: "It would be nice if he didn't act like that"

✓ Vengeance

- Not: "I'd like to wring her neck"
- But: Remember that vengeance usually invites retaliation and invites conflict

Cool Thoughts

- ✓ Awfulizing
- ✓ Should Statements
- ✓ Vengeance

What can the Safety Officer do to combat aggressive driving?

Education:

Ensure your drivers training program includes:

- ✓ Aggressive driving awareness
- ✓ Anger Management Class
(emotional intelligence skills)
- ✓ Command emphasis on safe driving